

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Sugars, total (g)

Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 02, 2015 00:31 EST

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	119.66
01115	Whey, sweet, dried	145.0	1.0 cup	107.97
09085	Currants, zante, dried	144.0	1.0 cup	96.88
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	87.95
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	77.76
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	70.71
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	69.90
19129	Syrups, table blends, pancake	314.0	1.0 cup	67.42
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	64.34
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	61.50
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	54.00
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	51.26
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	48.92
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	47.88
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	46.18
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	45.36
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	44.42
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	40.84
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	40.13
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	36.09
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	33.26
09437	Tamarind nectar, canned	251.0	1.0 cup	31.88
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	31.69
09442	Pomegranate juice, bottled	249.0	1.0 cup	31.50
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	31.24
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	30.57
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	30.37
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	29.68

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
19181	Candies, YORK BITES	39.0	15.0 pieces	29.25
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	29.24
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	29.00
09164	Litchis, raw	190.0	1.0 cup	28.94
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	28.85
09278	Plantains, cooked	200.0	1.0 cup, mashed	28.00
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	27.58
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	27.54
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	27.43
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	26.75
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	26.43
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	26.43
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	26.00
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	25.44
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	25.00
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	24.92
09059	Breadfruit, raw	220.0	1.0 cup	24.20
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	24.20
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	24.16
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	23.88
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	23.85
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	23.76
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	23.25
01070	Dessert topping, powdered	43.0	1.5 oz	22.59
09176	Mangos, raw	165.0	1.0 cup pieces	22.54
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	22.32
09277	Plantains, raw	148.0	1.0 cup, sliced	22.20
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	21.91
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	21.35
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	21.22
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	21.05
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	21.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	20.90
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	20.78
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	20.69
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	20.69

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	20.68
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	20.63
01057	Eggnog	254.0	1.0 cup	20.45
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	20.36
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	20.16
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	20.00
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	20.00
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	19.38
09043	Blackberry juice, canned	250.0	1.0 cup	19.25
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	19.21
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	18.40
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	18.34
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	18.12
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	18.01
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	18.01
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	17.97
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	17.80
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	17.69
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	17.55
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	17.47
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	17.26
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	17.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	16.98
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	16.35
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	16.18
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	16.11
09428	Rowal, raw	114.0	0.5 cup	16.07
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	16.06
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	16.00
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	15.88
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	15.85
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	15.59
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	15.49
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	15.46
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	15.33
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	15.26

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	15.20
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	15.00
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	14.95
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	14.78
01094	Milk, buttermilk, dried	30.0	0.25 cup	14.70
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	14.64
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	14.58
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	14.31
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	14.31
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	13.98
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	13.98
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	13.81
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	13.70
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	13.70
09252	Pears, raw	140.0	1.0 cup, slices	13.65
18170	Cookies, fig bars	28.35	1.0 oz	13.14
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	13.10
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	13.08
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	13.04
21416	POPEYES, Coleslaw	120.0	1.0 package	13.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	12.94
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	12.55
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	12.48
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	12.35
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	12.12
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	12.08
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	12.08
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	12.05
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	11.97
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	11.74
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	11.74
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	11.59
09226	Papayas, raw	145.0	1.0 cup 1" pieces	11.34
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	11.32
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	11.25

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
01072	Dessert topping, pressurized	70.0	1.0 cup	11.25
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	11.21
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	11.17
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	11.14
09004	Apples, raw, without skin	110.0	1.0 cup slices	11.11
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	10.89
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	10.84
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	10.79
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	10.76
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	10.62
18157	Cookies, chocolate wafers	28.35	1.0 oz	10.61
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	10.57
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	10.56
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	10.49
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	10.42
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	10.41
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	10.41
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	10.39
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	10.38
19014	Snacks, fruit leather, rolls	21.0	1.0 large	10.32
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	10.25
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	10.24
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	10.14
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	10.08
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	10.05
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	10.05
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	10.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	10.00
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	9.99
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	9.96
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	9.91
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	9.81
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	9.79
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	9.78
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	9.76
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	9.49

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	9.48
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	9.45
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	9.42
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	9.39
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	9.34
11080	Beets, raw	136.0	1.0 cup	9.19
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	9.15
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	9.09
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	8.98
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	8.97
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	8.82
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	8.78
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	8.76
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	8.57
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	8.40
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	8.37
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	8.35
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	8.35
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	8.33
09084	Currants, red and white, raw	112.0	1.0 cup	8.25
11304	Peas, green, raw	145.0	1.0 cup	8.22
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	8.22
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	8.19
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	8.10
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	7.97
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	7.94
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.92
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	7.88
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	7.74
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	7.74
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	7.58
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	7.43
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	7.43
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	7.39
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	7.34
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	7.19

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	7.15
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	6.99
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	6.91
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	6.91
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	6.91
11282	Onions, raw	160.0	1.0 cup, chopped	6.78
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	6.71
21404	MCDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	6.44
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	6.44
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	6.40
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	6.38
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	6.32
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	6.27
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	6.27
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	6.22
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	6.21
18147	Cheesecake commercially prepared	28.35	1.0 oz	6.18
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	6.16
09152	Lemon juice, raw	244.0	1.0 cup	6.15
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	6.14
01019	Cheese, feta	150.0	1.0 cup, crumbled	6.14
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	6.12
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	6.12
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	6.09
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	6.09
11124	Carrots, raw	128.0	1.0 cup chopped	6.07
18319	Pie, fried pies, fruit	28.35	1.0 oz	6.07
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	6.01
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	5.92
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	5.89
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	5.82
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	5.61
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	5.59
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	5.58
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	5.34
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.33

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	5.26
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	5.25
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	5.25
11154	Chicory roots, raw	60.0	1.0 root	5.24
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	5.22
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	5.19
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.07
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	5.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	5.00
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	4.99
18177	Cookies, molasses	28.35	1.0 oz	4.99
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	4.98
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	4.94
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	4.91
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	4.87
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	4.83
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	4.81
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	4.80
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	4.60
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	4.58
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	4.53
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	4.52
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	4.49
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	4.47
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	4.44
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	4.39
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.35
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	4.29
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	4.28
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	4.26
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	4.25
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	4.24
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	4.20
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	4.11
09160	Lime juice, raw	242.0	1.0 cup	4.09
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	4.05

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	4.05
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	4.04
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	4.01
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	3.96
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	3.92
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	3.73
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	3.72
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	3.68
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	3.67
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	3.65
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	3.62
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	3.62
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	3.62
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	3.56
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.55
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	3.52
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.50
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	3.50
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	3.42
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	3.40
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.38
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	3.35
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	3.28
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3.23
18241	Croissants, cheese	28.35	1.0 oz	3.22
18239	Croissants, butter	28.35	1.0 oz	3.19
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	3.16
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	3.15
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	3.12
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	3.11
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	3.08
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3.07
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	3.05
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	3.03
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	3.02
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	3.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	3.00
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	2.99
11211	Edamame, frozen, unprepared	118.0	1.0 cup	2.93
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	2.92
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.90
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	2.85
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	2.82
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	2.80
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	2.77
18066	Bread, wheat bran	28.35	1.0 oz	2.74
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	2.73
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	2.73
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2.70
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	2.69
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	2.68
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	2.68
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	2.64
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	2.64
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	2.63
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	2.62
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	2.60
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	2.58
11015	Asparagus, canned, drained solids	242.0	1.0 cup	2.57
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.54
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	2.51
18040	Bread, oatmeal, toasted	28.35	1.0 oz	2.51
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	2.49
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	2.47
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	2.43
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	2.43
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	2.43
20648	Sorghum flour, whole-grain	121.0	1.0 cup	2.35
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	2.34
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.31
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.23
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	2.22

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
11203	Cress, garden, raw	50.0	1.0 cup	2.20
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.19
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2.19
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	2.19
18037	Bread, oat bran	28.35	1.0 oz	2.18
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.17
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	2.16
01144	Egg substitute, powder	9.9	0.35 oz	2.16
11429	Radishes, raw	116.0	1.0 cup slices	2.16
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	2.13
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	2.13
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	2.11
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	2.08
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	2.08
21415	POPEYES, biscuit	60.0	1.0 biscuit	2.08
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	2.04
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.02
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	2.02
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	2.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	2.00
18245	Danish pastry, cheese	28.35	1.0 oz	1.97
11965	Cauliflower, green, raw	64.0	1.0 cup	1.94
11098	Brussels sprouts, raw	88.0	1.0 cup	1.94
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	1.92
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1.87
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	1.83
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	1.79
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	1.76
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1.72
18064	Bread, wheat	28.35	1.0 oz	1.68
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	1.60
18963	Garlic bread, frozen	43.0	1.0 slice presliced	1.59
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.55
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	1.55
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	1.54

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	1.54
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.54
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1.53
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.52
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.49
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	1.48
01030	Cheese, muenster	132.0	1.0 cup, diced	1.48
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	1.47
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	1.41
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	1.41
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	1.41
18967	Bread, white wheat	28.0	1.0 slice	1.40
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	1.39
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	1.37
11215	Garlic, raw	136.0	1.0 cup	1.36
18057	Bread, reduced-calorie, white	28.35	1.0 oz	1.35
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.31
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	1.30
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	1.25
01049	Cream, fluid, half and half	30.2	1.0 fl oz	1.25
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	1.23
20130	Barley flour or meal	148.0	1.0 cup	1.18
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1.18
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1.17
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	1.17
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.15
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	1.14
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	1.10
18060	Bread, rye	28.35	1.0 oz	1.09
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	1.09
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	1.07
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	1.07
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	1.05
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	1.05
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	1.05
20090	Rice flour, brown	158.0	1.0 cup	1.04

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.04
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	1.02
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	1.00
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	1.00
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	1.00
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	1.00
18972	Bread, cheese	48.0	1.0 slice	1.00
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.00
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1.00
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	1.00
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	1.00
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	1.00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	1.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	1.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	1.00
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.99
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.98
07911	Liverwurst spread	55.0	0.25 cup	0.91
01031	Cheese, neufchatel	28.35	1.0 oz	0.90
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.90
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.90
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.87
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.86
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.85
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.84
20132	Oat flour, partially debranned	104.0	1.0 cup	0.83
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.83
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.82
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.81
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.80
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.78
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.78
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.77
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.76
01035	Cheese, provolone	132.0	1.0 cup, diced	0.74
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.71

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.69
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.69
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.69
07971	Bologna, meat and poultry	33.0	1.0 slice	0.65
18214	Crackers, cheese, regular	14.2	0.5 oz	0.64
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.64
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.64
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.63
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.63
18243	Croutons, seasoned	14.2	0.5 oz	0.63
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.62
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.62
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.61
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.59
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	0.59
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.59
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.58
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.56
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.55
01017	Cheese, cream	14.5	1.0 tbsp	0.55
02050	Vanilla extract	4.2	1.0 tsp	0.53
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.50
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.49
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.49
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.48
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.45
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.44
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.44
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.44
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.42
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.42
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.41
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.41
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.41
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.38
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.38

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.36
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.34
07926	Salami, Italian, pork	28.0	1.0 oz	0.34
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.33
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.31
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.31
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.29
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.28
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.28
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.27
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.26
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.26
01124	Egg, white, raw, fresh	33.0	1.0 large	0.23
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.23
07921	Bacon and beef sticks	28.0	1.0 oz	0.22
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.22
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.21
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.21
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.21
11086	Beet greens, raw	38.0	1.0 cup	0.19
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.18
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.18
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.18
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	0.18
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.17
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.17
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.15
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.15
01004	Cheese, blue	28.35	1.0 oz	0.14
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.14
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.14
01007	Cheese, camembert	28.35	1.0 oz	0.13
11457	Spinach, raw	30.0	1.0 cup	0.13
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.12
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.10
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.10

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.10
18236	Cracker meal	28.35	1.0 oz	0.09
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.08
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.08
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.08
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.08
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.07
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.07
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.07
11213	Endive, raw	25.0	0.5 cup, chopped	0.06
19415	Snacks, potato sticks	28.35	1.0 oz	0.06
02021	Spices, ginger, ground	1.8	1.0 tsp	0.06
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.06
02015	Spices, curry powder	2.0	1.0 tsp	0.06
20134	Rice noodles, cooked	176.0	1.0 cup	0.05
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.05
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.05
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.05
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.04
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.04
11959	Arugula, raw	2.0	1.0 leaf	0.04
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.04
11216	Ginger root, raw	2.0	1.0 tsp	0.03
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.02
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.02
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.02
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.02
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.02
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.01
02005	Spices, caraway seed	2.1	1.0 tsp	0.01
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.00
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.00
15033	Fish, haddock, raw	85.0	3.0 oz	0.00
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.00
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.00
04582	Oil, canola	14.0	1.0 tbsp	0.00
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.00
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.00
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00
07939	Frankfurter, pork	76.0	1.0 link	0.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.00
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.00
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.00
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.00
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.00
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.00
15014	Fish, cisco, smoked	28.35	1.0 oz	0.00
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.00
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.00
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.00
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Sugars, total(g) Per Measure
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.00
01040	Cheese, swiss	132.0	1.0 cup, diced	0.00
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.00
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.00
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00